

# Corona Throat Rinsing Guide (conform to WHO-Guidelines)

Status of 15.05.2020

## 1.) Throat Rinsing

### Best time for sample production :

After getting up in the morning, or if you have not eaten or drank for 1-2 hours before.

### You need:

- A tightly resealable sample cup
- 2-3 ml 0,9%- saline solution (1/2 teaspoon)

*If you are symptom free you can pick up both items up for free at our laboratory ahead of time or buy them from any pharmacy near you. If you have symptoms ask a symptom free relative to pick them up.*

### Follow these steps: !! ATTENTION aerosol formation! 30 minutes danger of infection!!

- First blow your nose
- Please do not brush your teeth!
- Gargle for 2 full minutes (use a timer!) with 2-3 ml of saline solution.
  - Gargle high and deep in the entire throat area, to release the throat secretions, as we need these for the analysis. Gargle high up behind the nose and down to your larynx.
  - During these 2 minutes bring the solution back to your mouth to allow breathing, then continue the exercise.
  - Spit your throat rinsing liquid into the sample cup. If you feel that you can produce sputum (phlegm), please also spit it into the sample cup.  
*The Coronavirus is located in the throat and in the tracheal/bronchial secretions*
- Close the cup tightly!  
Pay extra care to correctly placing the lid on it.  
Ensure the recipient is well closed, as you screw the lid into the recipient. It must be completely closed!  
This could require more effort than you expect.  
*It must be impossible for the fluid to leak during transport. This mistakes unfortunately happens too often.*
- Wash your hands and the now sealed cup well with water and soap, dry the cup with a paper handkerchief or towel / or disinfect your hands and the cup with plenty of disinfectant.
- Write your name and your social security number (if available) on the cup.
- Put the cup into a small tight plastic bag and close it tightly!
- Be careful not to contaminate your sample now (cup and plastic bag) under any conditions with infectious material after you have cleaned and disinfected them.

## 2.) Bringing your sample to our Laboratory

- If you are symptom free please bring your sample to our facilities.  
**ATTENTION : The laboratory has 2 entrances ! If you are collecting a Corona-Testkit or bringing your Corona-Sample, please stand in line outside the building on the RIGHT HAND side. One of our staff members will let you into the facility. A maximum of 2 patients may be inside our practice at the RIGHT HAND SIDE at the same time.**
- If you have symptoms Do NOT bring your sample to our facilities yourself!  
Ask someone who has NO symptoms to bring your sample.
- Please call our laboratory ahead of time and make an appointment to deliver your Corona sample.  
The person bringing the sample needs to call the laboratory advising us that they are outside the laboratory. A staff member will collect the sample from that person on the street.

2

## 3.) Costs

The cost for the analysis is €120 per sample. (We only accept bankomat for hygiene reasons)

**Important : Please take your eCard with you, if you have one.**

### Patient Name

Name: \_\_\_\_\_

Social security number: \_\_\_\_\_

Telefon number: \_\_\_\_\_

Address: \_\_\_\_\_

**With my signature, I herewith certify that the sample I brought is my own sample.**

**I explicitly allow the person bringing my sample to make the necessary arrangements for my test results to be communicated to me by email if I wish.**

Date: \_\_\_\_\_ Patient Signature: \_\_\_\_\_

-----  
**Information of sample bringer (if you do not bring the sample yourself):**

Name: \_\_\_\_\_ Birthdate.: \_\_\_\_\_

Date: \_\_\_\_\_ Sample bringer signature: \_\_\_\_\_